**Overview of Ancient Greek Medicine**

Ancient Greece is called “the Birth place of Western Civilization”. The history of Greece can be traced back to Stone Age hunters. Later farmers and the civilization of The Minoan and Mycenaean Kings came.  After this came a period of wars and invasions which were known as the Dark Ages. In about 1100 B.C, people called the Dorians invaded from the north down to the west. From the period from 500-336 B.C Greece was divided into small city states. The four main city states were Athens, Sparta, Olympia and Corinith. The city states would sometimes fight but would also join together to fight against a bigger enemy such as the Persian Empire.  Only a very powerful ruler could control all Greece, and one man did in 300 B.C. He was Alexander the Great. Alexander led his powerful Army to conquer not only Greece but expanded his empire so it reaches as far as India and Afghanistan.   
The Ancient Greeks lived in mainland Greece and the Greek islands, but also in what is now Turkey, and in colonies scattered around the Mediterranean Sea coast. There were Greeks in Italy, Sicily, North Africa and as far as France, sailing the sea to trade and find new land.  
The Romans copied many ideas originally formatted by Greeks. For example the Romans copied many Greek gods and Greek art.

The Theory of the Four Humours

* The ancient Greeks held a belief in the theory of the four humours, this was the theory that everything on earth was made up of 4 basic elements. Earth, water, fire and air.
* The Four Humours were also related to four temperature: Sanguine, choleric, melancholic, and phlegmatic.
* Sanguine: People of a sanguine temperament tend to enjoy social gatherings, making friends and tend to be boisterous. Sanguine can also mean very sensitive, compassionate and thoughtful. Sanguine personalities struggle with following tasks all the way through, are chronically late and tend to be forgetful and sometimes sarcastic.
* Choleric: A person who is choleric is a doer. They have a lot of ambition, energy and passion, and try to instil it in others
* Melancholic: This is a thoughtful person with a melancholic disposition. Often considerate and worried when they could not be on time for things. Melancholic’s can be highly creative in activities such as poetry and art.
* Phlegmatic: Phlegmatic’s tend to be self-content and kind. They can be very accepting and affectionate. They may be very receptive and shy and often prefer stability to uncertainty and change.

Ancient Greek Surgery

* Ancient Greece was divided at that time into several independent city states, which were frequently at war, thus several Greek doctors became experts at practical first aid.
* They learned about setting broken and dislocated bones.

What Did People Suffer From

* Common cold, ear infections, bronchitis, malaria, smallpox, measles, the plague and a broken leg.

The Public Health System in Greek:

* They didn't really have a proper public health system like they didn't have sewers or running water, but they did have public baths.
* The reason rich people followed this programme was because rich people where have said to relax more. Hippocrates believed that poor people where to busy so they would

be less healthy. This was linked to the four humours.

Methods of Diagnosis and Treatment:

* They did not have x-rays, CAT scans etc. Hippocrates, a famous doctor of that time, would observe his patient’s symptoms before saying what he thought the patient had.
* Doctors used all 5 senses when examining and diagnosing patient.
* To treat patients there was a certain ritual doctors followed: observe, sacrifice, wash, pray, sleep.

Famous Doctor

* Hippocrates (known as the “Father of Medicine”) was a very famous doctor of Ancient Greece and his methods are still practiced today.
* He did not believe that illnesses and diseases were caused by spirits and gods but that everything had a scientific explanation.
* Hippocrates believed that the care for the patient was really important.
* In his oath which he created for doctors and himself to follow, the first thing is that the doctor should be pleasant, happy, cheerful, and have a nice scent. He believed that if the doctor followed these rules it would make the patient feel better.
* Hippocrates came up with the Theory of the Four Humors.

Links Page!!

Websites About Greek Medicine  
1. Below is a game you can play about the Four Humors:  
<http://www.schoolhistory.co.uk/games/fling/medicine_humours/index.shtml>  
2. Below is a website that gives information on what doctors believed and what they did to heal you  
<http://www.historyforkids.org/learn/greeks/science/medicine/>  
3. A video on Ancient Greek Beliefs in the Medical World  
<http://www.educationforum.co.uk/ancientgreeks.htm>  
4. A game on ancient greek medicine  
<http://www.schoolhistory.co.uk/games/beatdabomb/bomb_greekmedicine.htm>  
5. An article on ancient greek medicine  
<http://www.historyforkids.org/learn/greeks/science/medicine/>  
6. A video on what factors affected ancient greek medicine  
<http://www.youtube.com/watch?v=T-wya9QTT-k&feature=related>  
7. About Greek Health  
<http://www.bbc.co.uk/schools/gcsebitesize/history/shp/ancient/greekpublichealthrev1.shtml>  
8. Website about greek medicine  
<http://www.greekmedicine.net/>  
9. Website on Hippocrates  
<http://www.crystalinks.com/hippocrates.html>  
10. Our game!!!  
<http://www.qfeast.com/scored/quiz/540/Ancient-Greek-Medicine>

Sources of Information

<http://personal.georgiasouthern.edu/~rdanie12/index6.html>

<http://www.rhodes-greece.info/Categoriesview.asp?Category=204&Lang=EN&loc=8>

<http://www.buzzle.com/articles/ancient-greek-medicine.html>  
<http://www.plant-medicine.com/community/learning/greeks/hippocrates.htm>  
<http://www.sciencemuseum.org.uk/broughttolife/themes/diagnosis/usingthesenses.aspx>  
<http://www.bbc.co.uk/schools/gcsebitesize/history/shp/ancient/greekmethodsrev1.shtml>  
<http://www.sjsu.edu/depts/Museum/hippoc.html>  
<http://www.medicinenet.com/script/main/art.asp?articlekey=50322>  
<http://www.crystalinks.com/hippocrates.html>  
<http://www.mlahanas.de/Greeks/MedicalInstruments.htm>

http://www.greekmedicine.net/

GCSE History Book: Medicine Through Time by Aaron Wilkes